**Help Fatima get fit**

Fatima moved to Canada 4 months ago. In her home

country, she was active every day. She walked to many

places. In Toronto, Fatima finds it hard to be active. She

takes the bus to ESL class every morning, and works in

the afternoon. She has 2 children in school and a husband.

Life is busy with cooking, cleaning, shopping and helping

her children learn about their new home. Fatima has heard

that physical activity is good for her health, but she has

no time.

1. What health benefits will Fatima have if she gets

physical activity every day?

2. What are some examples of physical activity that

Fatima can try?

3. When can Fatima do physical activity in her busy day?

4. What physical activities can Fatima do with her family?